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A SIBLING FOR THE LITTLE PRINCE

DUKE AND DUCHESS OF
CAMBRIDGE ARE EXPECTING
THEIR SECOND CHILD **PAGE 5**



Troops help rescue Kashmir flood victims

Thousands stranded after six
days of torrential rain **PAGE 6**

How will cyclist's death affect Ride the Rideau?

Foundation to consult police,
city in wake of tragic loss **PAGE 3**

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THE FURIOUS NINE

Striker Vini Dantas winds up for a kick at the RailHawks' goal Sunday. With nine games left in the NASL season and the Ottawa Fury 10 points behind fourth place, can they make it to the playoffs? A 2-2 draw against the Carolina RailHawks Sunday could give the team the confidence boost it needs, according to captain Richie Ryan. See story, page 4. COURTESY STEVE KINGSMAN

T-shirt mea culpa coming

'Disappointing.' Students
who wore shirts bearing
foul language to say
sorry: Carleton U

Carleton University students who wore T-shirts sporting the words "F-k Safe Space" during an off-campus gathering Sunday will issue a public apology, according to the university's president Roseann O'Reilly Runte.

In a statement issued Monday, Runte confirmed some of the students involved were orientation week facilitators.

The university said Sunday evening it is launching its own investigation into the incident.

The T-shirts were worn by some students across the street from the Bronson Avenue entrance to the school, according to Leslie Robertson, an Ottawa lawyer who snapped a photo of two of the students Sunday and posted it to Twitter.

While some students said on social media the T-shirts were meant to protest the "codding" of students with a policy discouraging frosh week facili-

tators from using profanity, others interpreted the shirts to condone "rape culture" on campus.

"Such behaviour is not acceptable and extremely disappointing to the broader Carleton community," wrote Runte in her statement. "Those involved have indicated that they will issue a sincere public apology and work with the university to ensure that such behaviour does not occur again in the future. Sanctions will be issued subsequent to individual meetings."

The statement did not indicate how or when the apology would be issued.

Runte said the Safe Space program at Carleton, which aims to reduce homophobia and sexism on campus, has been successful in its 10-year existence.

"The inappropriate action did not undermine the overall effectiveness of Carleton's Orientation programming and the university remains committed to carrying on with its education and outreach to ensure safe spaces for all and an inclusive educational environment," she wrote. **JOE LOFARO/METRO**



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FIVE THINGS YOU NEED TO KNOW TODAY

1

CHANGING OF THE GUARD

A Canadian Joint Operations Command ceremony at 3:15 p.m. honours Lt.-Gen. Stuart Beare, who is retiring as commander.

2

'CAMERALESS' PHOTOGS

The Camera Club of Ottawa is holding a "cameraless" outing at the Arboretum at the Experimental Farm 12:30 to 4 p.m. today to talk photography.

3

AN APPLE 6 A DAY

Apple is expected to unveil two versions of the latest incarnation of its smartphone today: one with a pretty big screen and one with a really big screen.

4

MAGNOTTA TRIAL

Jury selection has begun in the trial of Luka Magnotta, who faces charges, including first-degree murder, in connection with the infamous 2012 body-parts case.

5

FOR THE SOON-TO-BE ROLLING STONES

Rock legend Keith Richards' first children's book, *Gus & Me*, about his grandfather, is out today.

Quebec town mourns little girl who was 'always smiling'

Taylor Mason Kelly.
Falling tree killed
10-year-old

A Wakefield family is heartbroken after their 10-year-old girl was killed by a falling tree Saturday.

"She was our first child and we don't know what to do without her," said mother Wendy Mason Kelly, adding her daughter Taylor was a free-spirited kid who was always playing outside. "She loved her family and friends. She loved the outdoors, basketball, snowboarding, skateboarding. She was independent and full of life. She made us proud every day. She was creative and unique."

A falling tree killed Taylor at the family's property, about 10 kilometres north of Wakefield in Farrelton, Que., on Saturday afternoon, after two thunderstorms ripped through the region Friday night.

Frederick Edwards, a family friend, had to break the news to his daughter Stella that her best friend wouldn't be coming over for sleepovers anymore. He said it was tough to get the

two girls to go to sleep at night, as they were always having late-night fun during weekend sleepovers.

"She was always smiling. Always, always, always. I have never seen her sad," said Edwards. "She was super nice, super caring, she made everybody happy. Taylor was a great little girl."

Another family friend, Claire McLaughlin, whose daughter Amelia was also close to Taylor, said the young girl "wanted to be the first girl NBA player" to hit the big courts.

"What a beautiful person and spirit she was. In her 10 years, she lived so big," McLaughlin wrote on Facebook.

Condolences have been pouring in over social media, with friends and family describing the child as "bright" and "beautiful" with a smile that was "infectious."

"Taylor's beauty, smile and energy will shine forever," wrote family friend Amber Maloney.

Others in the tight-knit community wrote that Taylor's smile could "light up a room" and said that she had the "best parents" anybody could have asked for. **TREVOR GREENWAY/METRO**



Ten-year-old Taylor Mason Kelly was killed by a falling tree just outside of Wakefield, Que., on Saturday. CONTRIBUTED

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News worth sharing.



Danielle St-Aubin, vice-president of donor relations and communications at The Ottawa Hospital Foundation, and Tim Kluge, president and CEO, answer questions from the media regarding the fatal collision at the 2014 Ride the Rideau fundraiser. JOE LOFARO/METRO

Ride the Rideau organizers to debrief and consult on course after cyclist's death

Tragedy. 'Words cannot capture the sorrow we feel here at the hospital today,' says hospital CEO



JOE LOFARO
joe.lofaro@metronews.ca

The Ottawa Hospital Foundation says it's too early to tell if next year's Ride the Rideau fundraiser should be a closed course after a dump truck struck and killed a cyclist on Saturday.

Laurie Strano, a 40-year-old mother of two, was pronounced dead at the scene along the route in Manotick. The annual bike ride raises money for cancer research. The

collision has raised some questions as to why more than 900 cyclists must share the road with cars and other vehicles on the 85-kilometre course.

At a press conference Monday, The Ottawa Hospital Foundation president and CEO Tim Kluge said he is waiting on results from an Ottawa police investigation before making any decisions on the 2015 fundraiser.

"We can't take away the tragedy that happened and that's certainly what's first and foremost in our minds. I think that, like you, we all have questions and our path forward is going to be informed through a consultative process," said Kluge.

While he wouldn't speculate on any possible changes to the course, he said if closing it off to vehicular traffic is one of

Tragedy

"Our goal is to debrief, is to consult the city, is to consult the police service, and with their input our organization will make a decision at that point in the future."

Tim Kluge, president and CEO of the Ottawa Hospital Foundation, on ensuring cyclist safety in Ride the Rideau events in the aftermath of Laurie Strano's death.

the considerations to come out of the investigation, organizers will consult with the city and police on the issue.

The course starts off as closed and then opens up as cyclists spread out, he said.

"We're not in a position to talk about the future of the ride," said Kluge.

Kluge said organizers hired a weather service for the day, which helped them decide to continue with the event after a

rainstorm passed through the region.

Dr. Jack Kitts, president and CEO of The Ottawa Hospital, said Strano participated in every Ride the Rideau since its inception.

"Words cannot capture the sorrow we feel here at the hospital today," he said. "Laurie was one of our own. She was a talented, bright, wonderful, young woman with so much promise."

OSDUH report

More youth abusing over-the-counter meds, survey says

A provincial survey released Monday says more Ottawa youth are using easily accessible over-the-counter drugs than illicit drugs to get high — a trend that worries public health officials.

The results were published in the 2014 Ottawa Student Drug Use and Health (OSDUH) Report, which

contains data from a biennial survey of 1,200 Ottawa students in Grades 7 to 12.

In 2009, six per cent of Ottawa students reported using cough or cold medication to get high, according to the survey. Two years later it dropped by one per cent. But now in 2013, 13 per cent of local youth used cough and cold medication to get high, according to the survey.

"I hadn't anticipated that," said Sherry Nigro, manager of health promotion and disease prevention at Ottawa Public Health. JOE LOFARO/METRO

Human Rights Tribunal

Ottawa company ordered to pay \$8K for 'egregious and abusive' hiring

Ontario's Human Rights Tribunal has ruled an Ottawa-area company discriminated against a foreign-born job applicant by telling him it "only hires white men."

The tribunal has ordered Ottawa Valley Cleaning and Restoration to pay \$8,000 to Malek Bouraoui, who was

denied a job last year.

Bouraoui says after applying for a job, he received a call from a man named Jesse, who asked what country he was from and whether he was white or black.

Bouraoui later received text messages from Jesse, who said he didn't hire foreigners and keeps "the white man working."

The tribunal ruled that the contents of the text messages were not only discriminatory but "egregious and abusive in nature."

THE CANADIAN PRESS

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Can the Ottawa Fury make the playoffs this season?

Optimistic. Team will need to turn around its home game drought



LUCY SCHOLEY
lucy.scholey@metronews.ca

Despite a last-place standing so far this season, the Ottawa Fury team is still hopeful for a spot in the playoffs.

And Sunday night's game against the Carolina RailHawks might be the confidence boost the team needs, according to Captain Richie Ryan.

After conceding two goals in three minutes, substitute forward Oliver Minatel scored a second goal for the Fury, which ended the game 2-2 at TD Place Stadium.

It was a bit of a comeback for the team, after losing 2-0 against the Tampa Bay Rowdies Aug. 30.

Quoted

"We've got to believe in ourselves and realize that last week in Tampa wasn't good enough."

Captain Richie Ryan

Both offence and defence need to pull together to keep "sloppy goals" from getting in, said Ryan.

"We've got to believe in ourselves and realize that last week in Tampa wasn't good enough," said Ryan, while taking a break from a quick post-game practice at TD Place Stadium on Monday morning. "It wasn't our usual selves. It was, hopefully, a one-off performance from us. So we need to get down there, be positive, play the football that (coach Marc Dos Santos) wants us to play and that we know we can play."

Ottawa is now in 10th place in the North American Soccer

League (NASL) standings this season — and 9th place in the NASL's combined standings — but Ryan said a playoff spot is still realistic with some team momentum.

"There's no reason not to be confident amongst ourselves," he said. "Hopefully, that will get us some wins on the table and put us thereabouts for the end of the season."

The Fury will head to Tampa for a game against the Rowdies on Saturday night. Ottawa is behind the third-place team by 10 points this season, with nine games remaining. A win equals three points and a tie equals one point.

Have your say

What will it take for the Ottawa Fury to make the playoffs? Tweet your thoughts @metroottawa.



Ottawa Fury midfielders Anthony Donatelli, back, and Nicholas Paterson practise at TD Place Stadium on Monday morning. LUCY SCHOLEY/METRO

School board chair seeks Tory nomination



Ted Hurley CONTRIBUTED

Ted Hurley teaches kids how to protect themselves from Internet predators — but now he wants a chance to help create laws to enforce stiffer penalties on people caught luring children online.

Hurley, the chairperson for the Ottawa Catholic School Board (OCSB), announced Monday he will seek a nomination for the federal Conservative Party in the new riding of Kanata-Carleton.

"When I hear comments that the Liberal Party wants to legalize marijuana, I just shake my head," said the 48-year-old father of four daughters. "What do we need to be dealing here with? The thing that's most important that we should be looking at is — are youth being vulnerable to online predators?"

The Criminal Code was changed in 2002 to include online child luring. The maximum sentence is 10 years in jail for an indictable offence or 18 months for a summary conviction.

According to Statistics Canada, the number of police-reported child luring incidents increased slightly from 2003 to 2007, but still represented a small fraction of overall crime reports.

Hurley's two hats are youth-related: one as the OCSB chair, where he educates smartphone- and tablet-using students about the dangers of the Internet, and the other as a youth minister at the Holy Redeemer Parish in Kanata.

If he wins the nomination and goes on to win the Kanata-Carleton seat, Hurley said his other priority is to create more jobs, especially for young adults.

Gordon O'Connor, the 10-year Conservative MP for

Carleton-Mississippi Mills, is retiring at the end of his term. The riding is being adjusted and renamed Kanata-Carleton.

The federal election is tentatively set for fall 2015.

LUCY SCHOLEY/METRO

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'Startup nation'

Big-league investors come to town for two-day pitch fest

Steven Tover thinks Ottawa could be the next "startup nation" and he's bringing the world's top investors together to show it off.

The CEO at Stage 2 Partners is hosting Axis Ottawa 2014 — a two-day pitch fest for Ottawa tech companies looking to attract big-time investors like IBM, SanDisk, Motorola and Huawei to name a few.

"The purpose of the

event is actually to see deals get made," said Tover.

Ottawa tech startups will get seven minutes with potential global investors to pitch their ideas on everything from IT security to mobile and app products before being narrowed down to a top 20.

The format is similar to CBC's Dragons' Den, only that it's not "hit or miss," says Tover.

"The idea is not to just pitch and then, 'Goodbye,'" he added. "The idea is to expose these technologies and these companies to opportunities."

Tover spent 20 years in

Israel working with emerging technology start-ups and saw the country's economy boom with 63 Israeli companies being listed on the NASDAQ at the start of 2009.

He said he sees the same potential in Ottawa and wants to create a self-sustaining business life cycle that will breed and launch new tech firms every year.

Twenty of the world's top tech firms will be in town for two days of workshops, keynotes and one-on-one business meetings with Ottawa startups Sept. 9 and 10.

TREVOR GREENWAY/METRO

Prince George to welcome new baby brother or sister

Duchess of Cambridge expecting. Kate is being treated for acute morning sickness

Prince George is not going to be an only child for long — the toddler will soon have a baby sister or brother to share his fancy digs at Kensington Palace.

British royal officials said Monday that Prince William and the Duchess of Cambridge, the former Kate Middleton, are expecting their second child.

Once again, Kate is being treated for acute morning sickness in the early phases of her pregnancy. The first time she was so ill she required hospitalization.

Now she is being treated

by doctors at her residence in Kensington Palace. She cancelled a planned engagement in Oxford to rest and receive medical care.

Prince William told well-wishers in Oxford that Kate should be over the worst of her symptoms in a few weeks. He repeatedly thanked people for congratulating him and said Kate was disappointed she could not travel.

"She wishes she could be here," he said. "She's feeling OK, thanks. It's been a tricky few days — week or so — but obviously we're basically thrilled, it's great news, and early days. We're hoping things settle down and she feels a bit better."

The new baby, boy or girl, will become fourth in line to the throne, pushing Prince Harry to fifth.

George, who is 13 months

old, is third and likely to become Britain's monarch one day. William is second in line, while his father, Prince Charles, is first.

Britain had changed its laws before George's birth so that the couple's first-born would be in line for the throne regardless of its sex. Before the change, a girl would have lost her place in line if a boy was born later.

William and Kate have often expressed an interest in having a larger family.

The royal couple and their families are "delighted" with the baby news, said officials at Clarence House, the couple's office. The announcement follows months of speculation in the glossy British and American press about a possible baby brother or sister for George.

THE ASSOCIATED PRESS



Kate, Duchess of Cambridge, with son Prince George and Britain's Prince William during a visit to the Sensational Butterflies exhibition at the Natural History Museum in London on July 2. Kate is expecting her second child and was being treated for severe morning sickness, royal officials said Monday. JOHN STILLWELL/THE ASSOCIATED PRESS

Poroshenko gives speech of strength in southeast Ukraine

Ukraine's president made a surprise trip Monday to a government stronghold in the turbulent southeast, delivering a fiery speech to hundreds of workers in hard hats in a dramatic show of Kyiv's strength in the region.

"This city was, is, and will be Ukrainian!" President Petro Poroshenko told metal plant workers in the embattled coastal city of Mariupol.

Poroshenko's trip to the strategic port, just days after it faced sustained rebel fire, underscored that Kyiv is unlikely to willingly loosen what remains of its grip on Ukraine's rebellious east. It also came as a tenuous ceasefire appeared to be holding Monday between the Russian-backed separatists and Ukrainian troops in eastern Ukraine.

The president spoke from a stage decorated with Ukraine's blue-and-yellow colours after leading the room in singing the national anthem.

"Mariupol proved that we won't let anybody burn our city to the ground. The workers of Mariupol protected peace and calm in the city," he said, emphasizing that in eastern Ukraine "our most important resource is people."



Ukrainian President Petro Poroshenko, centre, greets workers during his visit to the Ilich Iron and Steel Works in the southern coastal town of Mariupol, Ukraine, Monday. SERGEI GRITS/THE ASSOCIATED PRESS

But despite the symbolic display of strength, Poroshenko was often on the defensive in his speech, insisting that he had not agreed to Friday's ceasefire out of weakness. He also reiterated that independence for the separatist region was off the table and that there would be no political negotiations to end the crisis other than with "elected leaders" of the region — but exactly who those leaders were was left unclear.

Those comments signalled that, even if the truce holds, eastern Ukraine's entrenched political problems are far from

being resolved.

The area around Mariupol had remained relatively untouched by violence until the last two weeks, when rebel forces pushed toward the city, shelling its outskirts as recently as Saturday. The port is strategically located on the Sea of Azov, raising fears that if it fell, the rebels could link up mainland Russia with Crimea, the Black Sea peninsula annexed by Russia in March. The move would cost Ukraine another huge chunk of its coastline and all the mineral riches believed to be under the Sea of Azov.

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Climate change. It's the issue that cannot be named in many U.S. cities

Climate change remains a political minefield across the U.S., despite the strong scientific consensus that it's happening. So some local leaders have hit upon a way of preparing for the consequences without triggering partisan warfare: Just call it something else.

In many communities, they're planning for the volatile weather linked to rising temperatures by speaking of "sustainability" or "resilience," while avoiding no-win arguments with skeptics over whether the planet is warming or that human activity is

responsible.

Cities and towns are shoring up dams and dikes, using roof gardens to absorb rainwater or upgrading sewage treatment plans to prevent overflows. Others are planting urban forests and helping farmers deal with an onslaught of new crop pests.

The pattern illustrates a growing disconnect between the debate still raging in politics and the reality on the ground. In many city planning departments, it has become the issue that cannot be named. **THE ASSOCIATED PRESS**

Chile

Seven injured in subway explosion

A bomb exploded in a Chilean subway station on Monday, injuring at least seven people, the most damaging in a string of bombs planted around the capital this year.

The injuries apparently were caused by fragments in a fire extinguisher placed in a trash bin in front of a food stall at Santiago's Escuela Militar subway stop.

Some anarchist groups have claimed responsibility for earlier blasts, demanding freedom for two imprisoned anarchists. **THE ASSOCIATED PRESS**

Troops help rescue people stranded by Kashmir floods



Pakistani army soldiers help rescue villagers in Pindi Bhatian, 105 kilometres northeast of Lahore, Pakistan, Monday. K.M. CHAUDARY/THE ASSOCIATED PRESS

Worst in five decades.

More than 120 people have died in India and 205 in Pakistan

Rescue workers in boats and helicopters worked to save thousands of people trapped in homes and on rooftops Monday after floods and landslides killed more than 320 people in the Himalayan region of Kashmir and eastern Pakistan.

Six days of torrential rains have soaked both sides of the divided territory of Kashmir, which India and Pakistan

Quoted

"We had been on the roof (of a mosque) for two days until the helicopter rescued us."

Farmer Abid Hussain, who was among those rescued in the Bagh Unna area


each claim.

The countries' leaders kept tensions low in the wake of the floods. On Sunday, Indian Prime Minister Narendra Modi sent a letter to his Pakistani counterpart, Nawaz Sharif, offering India's help in relief efforts to the Pakistan-controlled portion of Kashmir. Sharif issued a statement of his own, saying Pakistan is "ready to help in whatever way possible" in Indian-controlled Kashmir.

But given military tensions, it is unlikely either side will take up the offers.

Although the rain has stopped, thousands of people were in peril in both countries. In the Indian-controlled portion of Kashmir, which suffered its worst flooding in five decades, the force of the water snapped electric pylons and disrupted mobile telephone and landline networks, leaving many in the dark with no means of communication.

THE ASSOCIATED PRESS



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Feds make recognition of foreign credentials top priority for fall

Foreign workers. Environics report says immigrant workers feel language, job requirements are key employment hurdles

The Conservatives have made the recognition of foreign credentials for new immigrants a top priority in the fall, but skilled newcomers have told government-commissioned

researchers there are huge obstacles preventing them from finding jobs despite their being qualified to work in Canada.

In a report prepared earlier this year by Environics Research, newcomers in 12 focus groups across the country said other issues hinder their ability to get work. The participants — including doctors, pharmacists and engineers — said language barriers and requirements for Canadian experience pose the biggest problems.

They said they suspected that Canadian experience re-

quirements were “a coded way for employers to favour the Canadian-born,” the report said. They also pointed to a lack of Canadian connections or networks and “difficulty in general social interactions due to language and cultural differences.”

Altogether it was felt formal recognition of foreign credentials was not a major barrier to employment.

A spokesman for Employment Minister Jason Kenney said the government commissioned the study in order to determine why skilled im-

migrants had trouble finding work. He added that the Tories plan to unveil initiatives soon aimed at tackling the problems.

Earlier this summer, Kenney announced an agreement with the provinces to recognize 10 new occupations, including welders, carpenters and electricians, to improve foreign-credential recognition.

Since introducing them in 2012, the Conservatives have issued more than 1,000 foreign credential recognition loans to foreign-trained professionals to help them pay to have their cre-

ditionals recognized in Canada through further training.

Participants in the Environics report also urge the government to raise more awareness about credential issues, additionally suggesting an education component be added with a focus on the skills needed to work in Canada.

“From the participants’ perspective, the more details the better and the sooner they can find out about these details in their immigration process, the better,” the report said.

THE CANADIAN PRESS

Chinese workers

Chinese workers said they feel their training is of limited use in Canada.

- **Varied standards.** Many Chinese participants felt everything related to their field in China was radically different and could not be applied to a Canadian job. The study noted differences in the worth of law degrees.



Late-summer snowfall brings flurry of winter visions

A snow-covered tractor and hay bales sit in a field during a late-summer snowstorm near Cremona, Alta., Monday. Snowfall warnings have been issued for much of the province over the next couple of days. JEFF MCINTOSH/THE CANADIAN PRESS

Incentive-based pay

Teacher pay should be connected to student success, study says

A new study out of the Fraser Institute contends that financial bonuses and other incentives for teachers should be based on student achievement if Canadians want to remain competitive on the world

stage.

The report from the conservative-leaning, non-partisan think-tank makes the argument that just as other professionals receive performance-based bonuses, so too should teachers who improve student performance.

Wayne Ross, an education professor at UBC, said the findings are based from a flawed assumption.

THE CANADIAN PRESS

Union demands

B.C. teachers' federation may vote to end strike

The B.C. Teachers' Federation will conduct a provincewide vote on Wednesday, asking members if they're prepared to end the strike if the government agrees to drop a contract clause over class size and composition and to binding

arbitration.

Over the weekend Education Minister Peter Fassbender rejected the idea of arbitration, but federation president Jim Iker said he is giving the government another opportunity to agree to the union's proposal.

B.C. Minister of Finance Mike De Jong said if the province accepted the union's demands, it would cost every property owner an extra \$200 a year.

THE CANADIAN PRESS

Nanisivik. Amid high costs, government ditched plans for base: Document

The Defence Department balked after the cost of a long-delayed docking and refuelling station in the Arctic ballooned to more than twice its original estimate, a newly released document shows.

The soaring price tag is the reason the federal government decided to scale back its original plans for the Nanisivik naval base, at the eastern entrance to the Northwest Passage.

A December 2013 briefing note to Defence Minister Rob Nicholson says the Royal Canadian Navy in 2010 approved a \$258-million plan to build the base. That was a huge jump from an estimate of \$100 million made in 2007, when Prime Minister Stephen Harper made his “use it or lose it” speech about the Arctic.

The new cost proved too steep for the department, forcing the Defence Department

Arctic sovereignty

Russia has also actively been expanding its military presence in the Arctic.

- **Soviet bases.** Russia has re-invested in Soviet-era military bases abandoned after the Cold War.
- **Mobilized.** The Russian government has also deployed nuclear subs and icebreaker patrols.

to abandon its original plans for new office, workshop and accommodation buildings, a landing strip, and a full-time year-round staff of 15 people.

Canada's defence budget has faced cuts in recent years as the government looks to balance the budget by 2015.

THE CANADIAN PRESS

Quebec sovereignty. PQ leadership potentials weigh in on independence

A pair of potential Parti Québécois leadership contenders are calling on their party to apply the brakes when it comes to Quebec independence.

Over the last week, former senior PQ cabinet ministers Jean-Francois Lisée and Bernard Drainville have each laid out their visions on how the party should proceed on the thorny subject of sovereignty.

In an open letter published Monday, Lisée said that if the public's aversion to referendums doesn't change by 2018, the PQ should promise to avoid holding an independence vote.

Drainville wishes the PQ to abstain from a vote in its first term, employing instead a plan to hold a sovereignty vote in the first year of any second mandate. THE CANADIAN PRESS

What does the future hold for television?

'Let's Talk TV' The CRTC has started a national conversation about TV, and everyone from the cable companies to Google has plenty to say

Online delivery services such as Netflix and YouTube would be harmed — as would consumers — if regulations for Canada's broadcast industry are extended to the digital world, says Google Canada.

The content driver issued the warning Monday at the start of two weeks of Canadian Radio-television and Telecommunications Commission hearings looking at how consumers view and pay for TV programming.

Some of Canada's conventional broadcasters and distribution firms argue that online platforms should be forced somehow to make mandatory contributions to the country's

Pick-and-pay TV

The CRTC opened the hearings, dubbed Let's Talk TV, with the aim of developing new regulations to tackle the dramatic, technology-driven changes that have taken place in the television industry.

- The big cable companies are feeling the effects of the changes, particularly with a desire voiced by the federal government to move to a so-called pick-and-pay system that would require an unbundling of TV channel choices.
- In its submission at the hearing Monday, the Competition Bureau said it supported pick-and-pay, but could not say whether consumers would benefit.

television programming system.

The CBC, as one example,

argues that the CRTC should require unlicensed content providers and distributors with more than \$25 million in annual revenues to pay into the Canada Media Fund.

Others, including the media fund itself, along with Ontario's Culture Ministry, have questioned whether online services should be exempt from licensing and regulation.

But legitimate online services do, in fact, contribute to the broadcasting system through licensing of content, said Jason Kee, Google's public policy and government relations counsel.

Asking digital companies to contribute to Canadian-content funds, while at the same time not allowing them to benefit from them, would stifle innovation, he said.

And, he added, any forced contributions would in the end result in added costs for consumers, if a contribution mechanism could even be devised and enforced.

THE CANADIAN PRESS



Anti-fracking billboards' lease cut short

A billboard opposing deep-injection wells is seen in Coshocton, Ohio, in August. Michael Boals, an Ohio man who used a biblical reference and a statement against "poisoned waters" on the billboards near two wells for disposal of gas-drilling wastewater, says the messages are coming down. Boals told The Associated Press the billboards' owners were set to end his lease agreement Tuesday. He said a July lawsuit contending the signs contain false and defamatory attacks prompted them to end his three-month verbal agreement after two months. ROBERT A. FRANCO/THE ASSOCIATED PRESS FILE

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Yes? Scottish independence vote sends pound to new low

The British pound slid to a 10-month low against the dollar Monday and shares in Scotland-based companies fell after opinion polls suggested the campaign for Scottish independence could be edging toward victory.

A Yes vote in next week's referendum would end Scotland's 307-year-old union with England and plunge Britain into uncharted constitutional and economic waters.

For months, polls have put the anti-independence side ahead, but the gap has narrowed ahead of the Sept. 18 vote. One poll released Sunday put the pro-



independence forces in the lead while other polls give the advantage to the No side — and the sense that the race is too close to call jolted financial markets.

THE ASSOCIATED PRESS

Harvard. Public health school gets record \$350M gift

Harvard's public health school has received a \$350-million US gift — the largest single donation in the history of the university — to bolster research into major global health threats.

Harvard president Drew Faust on Monday officially announced the gift from a philanthropic foundation established

by the family of T.H. Chan, a Hong Kong real estate developer who died in 1986.

Faust called the gift from the Morningside Foundation "transformative," and said it would help students and faculty tackle some of the world's most difficult and urgent public health challenges.

THE ASSOCIATED PRESS

Follow the money ...

Twitter tests 'buy' button

Twitter is testing a way to let users go shopping or make charitable contributions between tweets.

A small percentage of users were set to receive tweets from Twitter test partners Monday featuring a "buy" button that let them make purchases or donate money. Initial partners include the bands Soundgarden and Panic! At The Disco, retailers Home Depot and Burberry, and non-profits The Nature Conservancy and GLAAD.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.13¢ (-0.77¢)

TSX
15,509.39 (-60.53)

OIL
\$92.66 US (-\$0.63)

GOLD
\$1,254.30 US (-\$13.00)

Natural gas: \$3.88 US (+\$0.10)
Dow Jones: 17,111.42 (-25.94)

DON'T LIKE IT? DON'T EAT IT

If I have to choose between cooking for myself and going out for a meal, I will always take the restaurant route.

If I had a higher disposable income I would probably turn my oven into full-time storage space and rack up enough OpenTable points to earn a free meal every week.

Dining out is not for everyone, though. For extremely picky eaters, it can be a nightmare, but sometimes one has to wonder why she bothers eating out in the first place.

One restaurant in Florida made headlines last week over its strict policy that bans ketchup for customers over the age of 10.

Mad Fresh Bistro in Fort Myers also refuses to provide salt at the table, make any substitutions or split the check more than three ways.

There are a surprising amount of rules at this place, which describes its menu as "mouthgasmic."

Outlawing one of the world's most popular condiments is a



SHE SAYS

Jessica Napier

metronews.ca

surefire way to get customers outraged (and gain some publicity for your mid-range burger joint).

And while I love ketchup — like squeeze-half-the-bottle-on-a-plate-and-dip-my-hot-dogs-in-it kind of love — I actually have to agree with the "Mad" chefs on this one.

We go out to eat to experience someone else's idea of what a good meal might taste like. Sure, it's a bit pretentious to insist that your customers make absolutely no modifications to your food — especially for a place that already boasts that it serves "madFRESH quinoa" — but you know what? If that's what these professionals want to do at their own restaurant, then that's their pre-

rogative.

If you think about it, it's actually pretty insulting to go to a restaurant and douse your thoughtfully prepared meal in sugary sauces and table salt.

Legitimate food allergies aside, catering to individual culinary requests and dietary restrictions is unfortunately not in a

No, you can't make a substitution

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

chef's best interest.

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

They say the customer is always right, but let's face it, sometimes customers are complete jerks. Dropping \$23.95 on a dinner out does not give you a licence to be a high-maintenance complainer.

If you can't stand the food, maybe you should get back in your own kitchen.

It's alive!



An adult Aldabra banded snail is seen as it was found on a tree on the coastal fringe of Malabar Island, Seychelles. The Seychelles Islands Foundation says the Aldabra banded snail, previously thought to be extinct, has been rediscovered "alive and well" at the UNESCO World Heritage Site of Aldabra atoll.

C. ONEZIA/THE SEYCHELLES ISLAND FOUNDATION/THE ASSOCIATED PRESS

Snail thought to be extinct still kickin' it in Seychelles

A mollusk once thought to have been among the first species to go extinct because of climate change has reappeared in the wild.

The Aldabra banded snail, declared extinct seven years ago, was rediscovered in the Indian Ocean island nation of Seychelles.

The mollusk had not been seen on the islands since 1997, said the Seychelles Islands Foundation.

A research team from the Seychelles Islands Foundation found seven of the purple-and-pink striped snails on Aldabra atoll's Malabar Island last week.

Conservationists are unsure how a terrestrial snail like the Aldabra banded snail initially reached these hot, dry islands surrounded by saltwater without drying out. **THE ASSOCIATED PRESS**

Vulnerability still remains

"Only time will tell if they can survive the threats of climate change and sea level rise." Justin Gerlach, biologist

MetroTube

Sweet moves



ANDREW FIFIELD

andrew.fifield@metronews.ca

As summer days recede, most of us have fulfilled our wedding guest duties for the year. Hopefully, you had a fine and fun wedding season with happily expanding families. Just one thing, though — was there a hora at any of these shindigs? If not, make this year the year of forging friendships with potential hora dancers. Especially ones such as this Moldovan bride, who doesn't even break a sweat. (YouTube/Marius Fatu)



Twitter

William and Kate are expecting a second child. What should the royal couple name their new baby?

@grumpyoldmanTO: Follow the nomenclature established by the Sharknado franchise: The Second One

@inducedcoma: Roycephus Pulsifer Fudgiebottom

@MarkusLkram: NOT Ray Rice.

@mstyczen: "Spare"

@LouroAlfredo: Duke/Duchess of Monumental-Waste-of-Taxpayers' Money-upon-Thames.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 10 in Scene and page 19 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Transformative Tom keeps things interesting

The Drop. Actor Tom Hardy talks about playing a Brooklyn bartender who's underestimated in a gritty crime world

STEVE GOW
scene@metronews.ca

It's an odd sensation sitting down with Tom Hardy and hearing the British thespian speak in his natural brogue.

After all, whether it's in Depression-era American dramas like *Lawless* or simply mechanized by a creepy mask as Bane in *The Dark Knight Rises*, Hardy rarely speaks on film in his own voice.

"You're talking about adopting a ghost persona," said Hardy — in Canada for the Toronto International Film Fest.

"I try to change every character so there's a distinguished little difference between everything that I've played for two reasons: I love to try to transform, and two, I think it's always good to keep shifting to offer more with the work."

In the new crime-drama *The Drop*, that transformation turns the 37-year-old Londoner into an introverted Brooklyn bartender that gets sucked into the criminal underworld of holding gambling money for gangsters.

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along," said Hardy about the sad-sack character that, by the end of the movie, isn't what he seems.

"The movie's supposed to



Scan this photo with your Metro News app to see actor Tom Hardy ply his trade in his latest film, *The Drop*, which premiered at TIFF on Sept. 5 and opens in theatres across Canada this Friday.

The art of acting

- **Tom Hardy on his method.** "Some actors choose a certain type of acting. Other actors get off on authenticating their specificity by transformational work," said Hardy. "That's really more of a nerd thing but that's where I'm at."

underestimate (him) — he's the guy where we don't really know where he's at so in a way it's a very good camouflage for him ... maybe I overplayed that a bit, but I didn't want him to be seen coming."

The drama also stars the late James Gandolfini in his final film role.

Playing the beaten-down bar owner with a plan of his own, the character actor behind TV's *Tony Soprano* may be a commanding presence onscreen, but, as Hardy recalls, he was all heart.

"He made me laugh a lot," recalled the actor. "You have particular people (that) are

Quoted

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along."

Tom Hardy on his latest role as an introverted Brooklyn bartender in *The Drop*.

very talented and very beautiful and very sensitive and vulnerable and committed to the work. I don't know about him in a social environment, but (James) was one of those people, those artists — and an island within that."

Late night television

James Corden to replace Ferguson

British actor James Corden will replace Craig Ferguson as host of *The Late Late Show* on CBS next year, part of a complete overhaul of the network's late-night talk show lineup put in motion by the impending retirement of David Letterman.

THE ASSOCIATED PRESS

True Detective. Rachel McAdams frontrunner for lead role in series

Rachel McAdams could join *True Detective*.

The actress is in the running for one of the lead roles in the crime series' second season, according to *Variety*.

As fans await the official announcement of Matthew McConaughey and Woody

Harrelson's successors, rumours on the subject continue to abound. Only a few details are certain for now: the second season will be set in California and will revolve around four main characters, according to the show's creator Nic Pizzolatto.

AFP



Rachel McAdams
GETTY IMAGES

DVD review



Captain America: The Winter Soldier

Director. Anthony Russo, Joe Russo

Stars. Chris Evans, Scarlett Johansson

It's gung-ho vs. shadow as Captain America gets wise in a hurry while being pursued. The contrast makes for the best kind of blockbuster comic-book movie, tweaking the brain while dazzling the eye.

Subtitled *The Winter Soldier*, a nod to Captain America's mysterious new cold-blooded nemesis, the movie comes wrapped not only in the Stars and Stripes but also Water-gate-meets-9/11 paranoia from influences like *The Parallax View* and *Three Days of the Condor*, the latter especially so thanks to the forceful and nuanced presence of Robert Redford.

Chris Evans impressively updates the character (if not the costume) of Captain America. Having fended off the Nazi-allied HYDRA criminal organization in origin film *Captain America: The First Avenger*, he's now engaged in more current heroism. He's after things like Indian Ocean pirates, aided by sexy (and sneaky) fellow S.H.I.E.L.D. agent Natasha Romanoff (Scarlett Johansson), a.k.a. *Black Widow* of *The Avengers* alternate universe.

More vexing to this Greatest Generation dogooder are the flexible ethics of S.H.I.E.L.D. The agency's high-priority Project Insight is a gussied-up drone missile program devised to take out evildoers before they do evil (shades of *Minority Report*).

Cap is learning the hard way, much like the superpower he symbolizes, that an imperfect modern world doesn't offer perfectly moral choices to complex problems.

Extras include deleted scenes, audio commentary, making-of featurettes and a blooper reel.

PETER HOWELL



Justin Bieber GETTY IMAGES

Bieber assault charge withdrawn

Canadian pop star Justin Bieber is "relieved" prosecutors have dropped an assault charge against him in connection with an alleged attack on a Toronto limousine driver, his lawyer said Monday.

The charge, which stemmed from an early morning incident on Dec. 30, was withdrawn because there was no reasonable prospect of conviction, prosecutors said in a brief court appearance.

Bieber was charged with one count of assault after he and five others were picked up by a limousine at a Toronto nightclub. Police alleged one of the passengers hit the limousine driver during an altercation.

"The Crown would be required to prove that an intentional application of force occurred, as well as who applied that force," prosecutor David Mitchell told the court.

THE CANADIAN PRESS



George Clooney GETTY IMAGES

Let's get ready to marry! Clooney reveals date at Celebrity Fight Night

Save the date, everybody. George Clooney and Amal Alamuddin are getting married in a couple of weeks, and they have a location. The nuptials will take place in Venice, Italy, according to E! News. Clooney apparently used his time at the podium during the recent Celebrity Fight Night in Italy Gala

in Florence to fill everyone in on his and Alamuddin's plans, including where and when they'll tie the knot. "He said he is an honorary 12-year resident of Italy and then said they were getting married in Venice," an attendee reports. "He also said to Amal [from the podium], 'I love you very much.'"

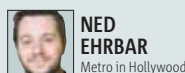
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Miley, you know how to make an entrance



Oh, Miley. In response to the usual calls of "Who are you wearing?" dur-

ing Fashion Week, pop troublemaker Miley Cyrus can apparently respond, "No one!" The former Disney star showed up to a top-secret New York Fashion Week after-party topless save for a pair of pasties strategically covering her nipples. As you do.

Hey, let's all just be glad she didn't follow that Chanel fashion rule of taking one item off before leaving the house, right?



Rosie O'Donnell GETTY IMAGES



Whoopi Goldberg GETTY IMAGES

The View ain't so pretty: Is Rosie waiting for Whoopi to call it a day?

Don't worry, tensions are finally calming over at the View between Whoopi Goldberg and returning table-mate Rosie O'Donnell. "Whoopi and Rosie hate each other. They're constantly at odds," a source tells Radar Online. So what's caused the ease of tensions? Apparently Goldberg has been

in talks with ABC about leaving within the next two years, and O'Donnell can just wait her out. "Surprisingly, Rosie has decided not to rock the boat. She'll let Whoopi be the queen bee. Rosie knows she has ABC completely on her side." Definitely sounds like a fun place to work.



Neil Patrick Harris and David Burtka CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

How I wed my partner: Neil Patrick Harris gets hitched to long-time love

Kim Kardashian and Kanye West aren't the only ones who tied the knot this year in Italy. So did Neil Patrick Harris and David Burtka.

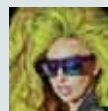
The How I Met Your Mother star and his actor-chef groom were married Saturday in Italy. They'd been dating for 10 years and are parents

to 3-year-old twins, Gideon and Harper. The grooms wore custom Tom Ford tuxedos and Elton John performed at the reception.

"Yup, we put the 'n' and 'd' in 'husband,'" Harris tweeted Monday. His publicist later confirmed the news.

THE ASSOCIATED PRESS

Twitter



@ladygaga
Heathrow baby, on to the next flight Geoffrey Beene Vintage on the plane and some panther earrings



@juddapatow
Remember when there was a whole bunch of movies about people and their farms. Sissy Spacek would be in some. And multiple asteroid movies.



@KellyOsbourne
Laid down 4 what I thought was a quick nap. Woke up 5 hours later in a pitch black room with no idea where I was

Simmer down! Keep your cool when others get heated

Irrational anger. When people overreact to a minor offence, there's a chance it's not about you

KIM SCHNEIDERMAN
Metro in New York

Common superstition holds that bad (and good) things come in threes.

So when, in one evening, two back-to-back clients sought advice about how to respond to unforeseen personal attacks after I also had been verbally accosted earlier that day, I knew I had to address the issue.

In my situation, perhaps my dog and I had behaved objectionably, but I wondered if it really warranted such vitriol from my neighbour.

Though you might laugh,

the intensity of his rage unsettled me. I was able to shake it off, knowing that his accusations of disrespect were unfounded — in fact, I had helped save this very same plot two years ago when his landlord threatened to destroy it.

As a general rule, when people overreact to a relatively minor offence, there's a good chance it's not actually about you. More often than not, their overreaction is a sign that you have stumbled into an old, unhealed wound, making you the perfect patsy.

In this situation, maintaining good personal boundaries — “It's not me, it's them” — can make the difference between fighting back, which will only make things worse, or shrugging it off.

Even when there's an element of truth or culpability buried in the complaint,

Tactics

These are some of the ways in which you can handle someone's anger.

- **Recognize the anger.** “I see that you're angry. What would help you feel better?”
- **Take the high road.** “I can't receive any constructive feedback when you're personally attacking me.”
- **Insist on a halt.** “That's enough! We'll talk when

you've calmed down.”

- **Detoxify with an apology.** “I'm sorry. I didn't mean to hurt you. What upset you about my actions?”
- **Point out the futility.** “We're getting agitated and going nowhere. Let's back up and start this discussion again.”
- **Diffuse the anger with validation.** “What you are saying makes sense. I agree that, etc.”



There are a range of ways to deal with someone who is taking out his or her anger out on you. ISTOCK

it's important to remember that you deserve to be treated with respect. And who knows, maybe your dignified response will help them see the error of their ways — as it did with my neighbour,

who apologized the next day. Easier said than done.

When someone's upset you — especially if it's someone you care about — it can be tough not to let it get under your skin. Take some

deep breaths, then try one of the tactics listed to the left.

KIM SCHNEIDERMAN'S BOOK, STEP OUT OF YOUR STORY: WRITING EXERCISES TO REFRAME AND TRANSFORM YOUR LIFE, IS BEING PUBLISHED IN THE SPRING.



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These routines foster happiness and health



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Doing the same old, same old may not seem exciting, but it can make you and your family happier and healthier.

Research suggests that many routines can even improve your marriage and insulate teens from addictions. They help you save time and energy, too. Instead of creating each day from scratch, you have a framework of small decisions you no longer have to make — so you have more time to devote to things that matter.

Here are two examples of routines you can establish:

Have dinner as a family.

Parents know that dinner time isn't just about eating; it's about connecting and communicating. Research has found that teens who have frequent dinners with their family are less likely to abuse prescription drugs, illegal drugs, tobacco and alcohol. They are also less likely to have sex at a young age, get into fights or have suicidal thoughts. As one expert told Best Health, "There are no silver bullets, but parental engagement is key to reducing teen substance abuse, and one of the simplest ways to have that engagement is frequent family dinners."



Research shows routines, such as family dinners, can make you happier. ISTOCK

Schedule healthy habits.

If you need to get up at 5:30 a.m. in order to give yourself enough time to exercise — say, go for a run, or to the gym — before getting to work, make it as easy as possible to establish that routine. The night before, fill the coffee maker and set

it to start automatically. Pick out your work clothes, and put your gym clothes and running shoes beside your bed. A bit of planning makes it easy to stick to a routine. **FOR MORE, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**

More tips

- **Be specific.** Make the goal tangible, as in: "I want us to have dinner as a family three times a week" rather than, "I want us to have more family time."
- **Get support.** Ask for help, whether it's getting a teacher's help in creating new homework routines for your child, or getting a friend to join you for walks.

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Kris Abel
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Healthy ingredient swaps to make your meals better

Chef Phoebe Lapine shares four easy ingredients to work into your next dish for a more flavourful and nutritious meal

EVA KIS

life@metronews.ca

When it comes to eating well, everyone knows they could be doing better. But cooking in an apartment on a busy schedule is a recipe for ordering Chinese food rather than using the wok gathering dust in the kitchen cabinet.

And on the rare occasion you do feel like cooking, you're set in your ways. Throw a few things into an anything-goes dish, such as stir-fry or fried rice, or a no-brainer salad or smoothie, and you're on the couch just in time for *The Vampire Diaries*.

But what you put into those dishes can make all the difference.

"Ideally, you'd get everything from your diet," says Mustafa Hashimi of the Vitamin Shoppe. "But even though we make our best efforts to eat a balanced diet — organic, whole food-based — you're still gonna come across some sort of nutrient deficiency."

So what if you could make the things you're already cooking better for you? We talked to chef Phoebe Lapine about four easy ingredients to work into your next dish for a more nutritious meal.

Aloe vera juice

Packed with vitamins A, C and E, the juice of the plant's inner leaves has many beneficial properties — once you get past the taste.

Benefits: Great for a healthy digestive tract, and you don't need much: about an ounce daily.

Swap: Try it in water instead of cucumber for a mineral kick. "It might even be an interesting background flavour for a cold soup like cucumber vichyssoise or a white gazpacho," says Lapine. If you absolutely can't get over the taste, blend a spoonful into your smoothie.



Liquid aminos

Derived from soybeans, it tastes like soy sauce, although it's lighter in colour and more subtle in flavour.

Benefits: Of 20 amino acids, which combine to form the building blocks of muscles and organs, the body can make 10. Liquid aminos contain 16.

Swap: Skip the soy sauce or tamari in any recipe for liquid aminos, a gluten-free alternative that's lower in sodium and doesn't require any special handling. "It's a great, nutritious substitute for regular table salt," Lapine says.



Hemp seeds

These magnesium-packed seeds have the ideal 1-to-1 ratio of omega-3 and -6 fatty acids, with anti-inflammatory properties and sterols, which reduce cholesterol.

Benefits: They're rich in protein, essential fatty acids, fibre and antioxidants.

Swap: Use them instead of pricey pine nuts in pesto. The mild flavour makes them an easy way to boost the protein content of a dish. "I love them sprinkled on top of salads, mixed into my smoothies or finishing a cooked dish with some as garnish," Lapine says.



Apple cider vinegar

Bragg's version is made with organic apples — unfiltered and unpasteurized.

Benefits: It can help level out your blood sugar and protect your gut. Stir some into your

tea with honey, lemon and cayenne for an immunity boost.

Swap: Any vinegar, especially lighter varieties.

"It also adds a nice punch to rich savory stews that need a little acidity — just add a tablespoon while simmering."



Celebs share thoughts on suicide, depression

Mental Health. Robin Williams' sadness shared by other talents, like Owen Wilson, Halle Berry and Louis C.K.

EVA KIS
life@metronews.ca

Robin Williams' suicide has put the issue of mental illness in the spotlight.

Williams is the latest in a long history of celebrities who have killed themselves, or tried to take their own life. Owen Wilson attempted suicide in 2007 after splitting with Kate Hudson. Halle Berry once tried to kill herself by carbon monoxide. Fashion designer Alexander McQueen, who had battled depression for much of his life, took his own life soon after his mother's death. Drew Carey attempted suicide — twice. Billy Joel, Elton John and Princess Diana all tried to end their own lives.

Some of the celebrities who have made it through

their darkest moments went on to share their stories of what drove them to the brink, and how they pulled themselves back.

British comedian Stephen Fry tried to kill himself in 2012. In 2013, he wrote a deeply personal blog about one of the essential contradictions of being famous and human at the same time.

"What the f— right do I have to be lonely, unhappy or forlorn? I don't have the right. But there again I don't have the right not to have those feelings. Feelings are not something to which one does or does not have rights. In the end, loneliness is the most terrible and contradictory of my problems."

In response, Alastair Campbell, the former spokesman for British Prime Minister Tony Blair, wrote that mental illness would get more clout if it were treated like any other illness.

"Stephen Fry is often called a national treasure. He is clever, witty, hugely successful, massively popular. So 'what the f— does he have to be depressed about?' Nothing. It just f—ing is ... We are a long way from the goal of



During the lowest point in his career, comedian Louis C.K. says he wanted to give up, but couldn't. GETTY IMAGES

parity of understanding and treatment of physical and mental health. You would never say, 'What does he have to be cancerous about, diabetic about, asthmatic about?'"

Robin Williams, who often spoke openly about his struggles with addiction and depression, said he relapsed after 20 years' sobriety because of anxiety issues. In 1989, he told the Associated

Press how comedy helps him deal with the difficulties of life.

"You look at the world and see how scary it can be sometimes, and still try to deal with the fear. Comedy can deal with the fear and still not paralyze you or tell you that it's going away. You say, 'OK, you got certain choices here. You can laugh at them, and then once you've laughed at

them and you have expunged the demon, now you can deal with them.' That's what I do when I do my act."

Not all depression leads to suicide attempts. In an interview with *GQ* magazine earlier this year, comedian Louis C.K., suffering depression at the lowest point of his career, pinpointed the frustration of being "all right" when everything is wrong.

"It never stopped getting worse. I remember thinking, 'This is too much for me to handle.' I wanted to give up. I knew it was my right to. But then a few minutes would go by and I'd realize, I'm still here."

"In other words, there was no escape from it. And I'd be a little disappointed at not being truly suicidal. I hated being 'all right.'"

J.K. Rowling was suicidal

Surviving with depression doesn't have to be shameful. It can be a badge of courage. Harry Potter author J.K. Rowling suffered through suicidal thoughts following her separation from her husband and before writing the books that would make her famous. In 2008, she told a student magazine at Edinburgh University: "I have never been remotely ashamed of having been depressed. Never. What's to be ashamed of? I went through a really rough time and I am quite proud that I got out of that."

Who needs meat? All hail Baby Kale Caesar Salad Sandwiches

Health Solutions

Breaking out of the bread box — literally



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

What with paleo, vegan, gluten-free, a sandwich just can't be a sandwich anymore.

Grilled cheese is taking its revenge with its moment in the spotlight but it is worth expanding the genre.

Rather than bread, try using these:

- Romaine, swiss chard, steamed kale leaves or Boston lettuce as wraps
- Rice paper wraps
- Top grilled portobello mushrooms
- Stacked apple slices
- Skewers
- Layers in shot glasses or mini containers
- Hollowed out cucumber

- Filled celery groove
- Red peppers as bread

Snaz up fillings by turning them into salads and hollowing out buns or baguettes. Try:

- Tuna, olives, grapes and chopped celery
- Cooked potatoes, chick peas, curry powder and yogurt
- Salmon, dill, chopped kale and honey mustard
- Feta cheese, chopped peppers, steamed Brussels sprouts and oregano
- Frozen spinach, blue cheese, mayo, dried thyme, and chopped garlic

Lunchbox season is upon us and you'll be bored of cheese on bread in no time. Slap this list on the fridge and avoid the brown-bag burnout.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH
15 MINUTES

This recipe serves four. THERESA ALBERT

Inspired Lunches Week. The green that's been grabbing the spotlight replaces traditional lettuce

THERESA ALBERT

myfriendinfood.com

This mixture is equally good cold or grilled. If you want to take it for lunch, keep the salad filling separate until you are ready to enjoy

FLASH FOOD



From your fridge to your table in 30 minutes or less

and pre-scoop the buns.

Keep the insides of the buns, break them up onto a cookie sheet, toast them in the oven and then blend them into breadcrumbs.

If you want to go low-carb or paleo, simply swap the bread for rice or lettuce wraps!

1. Mash boiled eggs with tofu, Parmesan, anchovy paste, lemon zest, juice, mustard, vinegar, oil and garlic. Mix well and toss with kale. Stuff into bread.

2. If you wish to have a hot sandwich, add a layer of shaved Parmesan and grill on Panini press or in a skillet, pressing to flatten.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 4 whole grain Kaisers or rolls, hollowed
- 2 boiled eggs
- 1/2 cup silken tofu
- 1/4 cup grated Parmesan
- 1 tsp anchovy paste (optional)
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 tbsp grainy mustard
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1 clove minced garlic
- 8 cups baby kale leaves or other hearty greens



This recipe serves eight. BLUE DIAMOND GROWERS

Paint your potatoes green

This amazing Olive Oil Mashed Potatoes with Kale and Herbs side dish is packed with nutrients!

Make it with your favourite

meat dish, such as roast or chicken.

1. Place potatoes and broth in a large microwave-safe

bowl. Cover and microwave on high for 15 minutes or until soft when pierced with a knife; mash to your liking, smooth or chunky. Stir in

almond beverage, herbs, salt and pepper.

2. While potatoes are cooking, heat oil in a large skillet over medium heat. Add onions and cook for 15 minutes, stirring frequently. Stir in garlic and cook for 5 minutes more. Add kale to skillet and cook for a minute or two to wilt. Remove kale mixture from stove top and stir into potatoes. Transfer to a large serving bowl and serve. **BLUE DIAMOND GROWERS**

Ingredients

- 1 lbs (500 g) each yellow and red potatoes, cubed
- 1/2 cup (125 ml) chicken broth
- 3/4 cup (175 ml) Almond Breeze® Unsweetened Original
- 2 tbsp (30 ml) chopped fresh herbs

- (such as rosemary, sage, basil and marjoram – use one or a mixture)
- Sea salt and freshly ground pepper to taste
- 3 tbsp (45 ml) extra virgin olive oil

- 1 very large onion, quartered and sliced
- 4 cloves garlic, minced
- 4 cups (1 l) coarsely chopped fresh kale (discard tough stems and ribs)

GETTING INVOLVED CAN HELP STUDIES

COMPLEMENT LEARNING WITH ACTIVITIES

College and university students have said farewell to the lazy, hazy days of summer and hello to classes, assignments, term papers and exams. The first few weeks of settling back into an academic routine can be rough, but there are ways to ease the transition.

First and foremost, it's important to have the right outlook.

"Going back to school shouldn't be seen as a chore — you're not here because someone is pulling your teeth, you're here because you want to be," says Jacqueline Skiptunis, a Russian studies major at Dalhousie University and the Dalhousie Student Union's vice-president (academic and external).

There is no reason to be trapped indoors all day and miss the last few weeks of sunny warm weather, either. You can choose to study outside instead of in your room or the library, and some professors and instructors might hold an occasional class in a courtyard or another outdoor setting — after all,

they like the fresh, fall air, too.

If your motivation is waning and you feel tempted to skip class, it helps to recognize the long-term value of your education — and to remember that it doesn't come cheaply.

"Yes, it may be beautiful outside, but you have to remind yourself that your education is more important than going to the beach until October," Skiptunis says.

If you have your studies under control and find yourself with some spare time on your hands, there are benefits to getting involved with extracurricular activities on campus.

A Statistics Canada study revealed that children's and youth's participation in organized extracurricular activities has been associated with positive short- and long-term outcomes, such as academic achievement and more social behaviour. These young people also are less likely to drop out of school and have fewer emotional and behavioural problems.



SHUTTERSTOCK

College and university campuses offer lots of opportunities to get involved in your school community outside of the classroom. Being part of a varsity sports team, theatre troupe or environmental group will help you discover what you are passionate about, for starters.

Keep in mind that these sort of activities will also look good on your resumé to po-

tential employers if the activity or student society is in your career field.

"I believe that extracurricular activities and sports complement students' academic experience," Skiptunis says.

She adds that for some students, these activities can help motivate them to get past the post-summer study slump and back into school mode.

— Jane Doucet

Symposium to focus on four Ps of success

Event offers fantastic value for attendees

This year's National Capital PMI symposium and workshops will teach attendees to Beyond Gantt and focus on the four Ps of success — people, process, product, and presence.

Put on by the Project Management Institute, Ottawa Valley Outaouais Chapter (PMI OVOC), this event is expected to draw more than 400 business leaders and industry experts.

"The symposium and workshops are designed for not only practising program and project managers, but also for program and project stakeholders," says Steve Guest, co-chair, National Capital PMI symposium and workshops. "Attendees will benefit from several industry specific talks and workshops."

This year's keynote speakers will include Ron Tite, award-winning advertising writer, CEO and creative director, and Lt.-Gen. (Ret.) Andrew Leslie.

"This symposium content is fantastic and a big draw for attendees," Guest says. "When you consider the learning, growth, networking opportunities and the price, the conference offers fantastic value for attendees."



CONTRIBUTED

Companies can save money by registering groups, and the low price helps to satisfy corporate training needs.

The event takes place Oct. 14-16 (symposium on Oct. 14 and 15, workshops on Oct. 16), at the Ottawa Conference and Event Centre at 200 Coventry Rd.

For more information about the event, or to register, visit pmiovoc.org/symposium.

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Learn more about studying abroad

The QS World Grad School Tour stops in Ottawa Sept. 18

Coming to Ottawa for the first time on Sept. 18 is the QS World Grad School Tour, the largest series of international masters and PhD information fairs. This fair travels worldwide to meet an ever-growing number of potential students who are interested in, or actively pursuing, studies abroad or at globally minded universities at home.

Studying a masters or PhD abroad gives students myriad benefits, from the employer desired international experience, to shorter length of degree programs that are not available in Canada, to frequently decreased educational expenses.

Held around the globe, the QS World Grad School Tour brings together experts in higher education, admissions directors, advice panels and scholarship opportunities for this Sept. 18 event. Leading Canadian

colleges and universities with strong international collaborations take part alongside globally located peers. Every facet is designed for personal interactions to equip Canadian students with the knowledge and tools they need to fulfil their academic potential in an internationally competitive environment.

Fair attendees will be eligible to apply for \$1.7 million US worth of exclusive scholarships offered by QS and its partner institutions. Additionally, all attendees will be eligible to win one free month of online GRE test preparation from Magoosh, while the first 100 attendees of the fair will receive a free copy of the QS top grad school guide.

While sign-up is available on the day of the fair at \$15, early registration online, costing \$5, at TopUniversities.com/MetroOttawaEdu is encouraged.

There is a special offer for Metro readers. If you pre-register online and quote "Metro promo" at the door, you will receive free entry.

The fair will be held Sept. 18 at Novotel Ottawa from 3:30-8 p.m.

Come learn about future opportunities for continuing your education around the world.

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INTERNATIONAL MASTERS & PHD FAIR *September 18th*

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Daniel Alfredsson with the Detroit Red Wings stops the puck in the corner during a game against the Bruins on April 18 in Boston. JARED WICKERHAM/GETTY IMAGES

For Alfie, to play or not to play is the question

Red Wings. Back problems hampered former Sens captain and have led to this summer of indecision

Daniel Alfredsson has the Red Wings in a holding pattern as he waits to decide whether to play a 19th NHL season and second in Detroit.

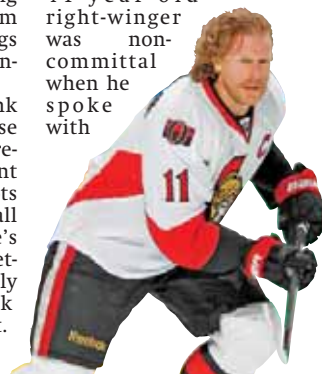
But the teammates who have been skating with him this month have been trying "every day" to convince him to come back, Red Wings defenceman Niklas Kronwall said.

"Alfie's a guy that I think it's hard to replace because not only does he bring a tremendous amount of talent on the ice, but he brings lots of leadership," Kronwall said Monday at the league's player media tour. "His veteran presence is extremely valuable and I don't think you can put a price on that. It'd definitely be different without him if that

would be the case."

Alfredsson spent 17 seasons with the Ottawa Senators before signing a one-year deal with the Red Wings on July 5, 2013. Back problems hampered him and have led to this summer of indecision.

General manager Ken Holland said in a text message recently that the team was going to wait until the week of Sept. 15 — just before the start of training camp — to see how Alfredsson was feeling. The 41-year-old right-winger was non-committal when he spoke with



Quoted

"Alfie's a guy that I think it's hard to replace because not only does he bring a tremendous amount of talent on the ice, but he brings lots of leadership."

Red Wings defenceman Niklas Kronwall

reporters in Detroit after an informal skate last week.

Kronwall paused before answering whether he expected Alfredsson to be back.

"It's hard to know with him, actually," he said. "We're trying to get a grip of where he stands, but it's hard. We're all hoping, obviously, like everyone else."

Younger Swedish forward Gustav Nyquist hasn't

In numbers

428

Daniel Alfredsson has scored 428 of his 444 regular-season NHL goals for the Senators. His time with the Sens also includes 1,178 games and 682 assists.

talked to Alfredsson about his future but similarly wants him back in the locker-room and on the ice in a Red Wings uniform.

"I think every team in this league would love to have Alfie," Nyquist said at the player media tour. "He's a great player and he can really help us. He has a great shot and he can help us on the power play and plays the game like we like to play it, the Red Wings style."

Pressed on if he'd bet on Alfredsson playing, Nyquist said, "We'll see."

Alfredsson had 18 goals and 31 assists in 68 games last season. Health limited him to playing in just three of Detroit's five playoff games.

THE CANADIAN PRESS

New senior VP

Quintal to lead NHL department of player safety

Former NHL defenceman Stephane Quintal is the NHL's new senior vice-president of player safety.

He's been doing the job on an interim basis since Brendan Shanahan left the position in April to become president of the Toronto Maple Leafs.

The league says it interviewed many qualified candidates but determined the player safety department would be "served best under Quintal's continued leadership."

THE CANADIAN PRESS

Statement

Esk's Watkins apologizes for homophobic slur

Edmonton Eskimos cornerback Pat Watkins apologized for a homophobic slur he directed at Calgary Stampeders quarterback Bo Levi Mitchell in Saturday's game.

"I apologize to Calgary quarterback Bo Levi Mitchell, the Canadian Football League, the Edmonton Eskimos, fans and all who were offended by the insensitive remark I made on field following his touchdown," Watkins said Monday in a statement issued by the Eskimos.

THE CANADIAN PRESS

World Cup

FIFA offers alternative kickoff dates for 2022

FIFA has offered January and November in 2022 as alternative kickoff dates for the World Cup in Qatar.

FIFA said it presented the two options Monday when its consultation group first met to seek ways to avoid playing in the desert heat of June-July.

FIFA's executive committee should confirm the 2022 World Cup dates at its meeting in March in Zurich.

However, the January-February tournament option probably could not happen if the 2022 Winter Olympics are scheduled in the traditional February slot. THE CANADIAN PRESS

Cilic returns to win the U.S. Open title

Lopsided. Croatian takes less than two hours to overpower Nishikori in straight sets

Unable to play in the U.S. Open a year ago because of a doping suspension, Marin Cilic is now the tournament's champion.

Croatia's Cilic won his first Grand Slam title by beating Japan's Kei Nishikori 6-3, 6-3, 6-3 on Monday at Flushing Meadows, using 17 aces — including four in one game — and the same powerful groundstrokes that helped him eliminate Roger Federer in the semifinals.

"This is (from) all the hard work in these last several years, and especially this last year," Cilic said during the on-court ceremony, when he kissed his silver trophy and collected a check for \$3 million U.S.

The 14th-seeded Cilic prevented the 10th-seeded Nishikori from becoming the first man from Asia to win a major singles championship.

"Sorry I couldn't get a trophy today," Nishikori said, "but for sure, next time."

There hadn't been a match-up between players making their Grand Slam final debuts at the U.S. Open since 1997. Lopsided and lasting less than two hours, this hardly qualified as a classic.

"Both of us were pretty nervous in the first set especially," Cilic acknowledged. "When we got ourselves going, it was a bit better."



Nishikori stunned No. 1 Novak Djokovic in the semifinals, and this was the first Grand Slam final since the 2005 Australian Open without Djokovic, Federer or Rafael Nadal, who won the U.S. Open in 2013 but is sidelined now by a wrist injury. That trio had won 34 of the past 38 major titles, but this was the second of this season that eluded them.

Some, including Cilic, had seen Stan Wawrinka's victory at the Australian Open in January as an indication that

Suspension

Twelve months ago, Cilic missed the U.S. Open while serving a four-month ban after testing positive for a stimulant at a tournament in Germany in May 2013.

the next tier was about to get a crack at the hardware.

Cilic, whose only previous trip as far as the semifinals at a major came at the 2010 Australian Open, used the forced

break from competition to improve his game. And that work was on full display the past two weeks — particularly Monday, under thick grey clouds and in a strong breeze.

Both six-foot-six Cilic, who is 25, and the five-foot-10 Nishikori, 24, are coached by someone with a Grand Slam title: 2001 Wimbledon champion Goran Ivanisevic, the last Croatian man to win a major, works with Cilic; 1989 French Open champion Michael Chang works with Nishikori.

THE ASSOCIATED PRESS

Reversal. Ravens lay off Rice over video of him striking his then-fiancée

Ray Rice was let go by the Baltimore Ravens on Monday and suspended indefinitely by the NFL after a video was released showing the running back striking his then-fiancée in February.

The grainy video, released by TMZ Sports, shows Rice and Janay Palmer in an elevator at an Atlantic City casino. Each hits the other before Rice knocks Palmer off her feet and into a railing. Months ago, a TMZ video showed Rice dragging Palmer, now his wife, from the elevator at the Revel casino, which closed Sept. 2.

Earlier Monday, the Ravens said they never saw the new video. Hours later, they sent out a one-sentence release:

"The Baltimore Ravens terminated the contract of RB Ray Rice this afternoon."

The action represented a complete reversal for the team, even though an Atlantic City police summons stated that Rice caused "bodily injury to Janay Palmer, specifically by striking her with his hand, rendering her unconscious."



Ray Rice GETTY IMAGES

The NFL, which has been working hard to promote the game to women, also took action after the explicit video was released. Commissioner Roger Goodell announced that, based on the new video evidence, Rice has been suspended indefinitely.

"I didn't get it right," Goodell said. "Simply put, we have to do better. And we will."

First-time offenders now face a six-game suspension.

THE ASSOCIATED PRESS

Colts

Mathis to miss entire season

Defending NFL sacks champion Robert Mathis is expected to miss the Colts' entire season after tearing an Achilles tendon during a private workout last week in Atlanta, a person with knowledge of the injury told The Associated Press on Monday.

The team had no immediate comment on the injury.

THE ASSOCIATED PRESS

Texans

Clowney out for 4-6 weeks after knee surgery

Jadeveon Clowney, the No. 1 overall pick of the Houston Texans, will be out four to six weeks after arthroscopic surgery on his right knee Monday.

Coach Bill O'Brien said he didn't know exactly what was repaired in Clowney's knee when asked if it was a torn meniscus.

THE ASSOCIATED PRESS

Sweet little 33 Serena Williams



Serena Williams GETTY IMAGES

Serena Williams is building a new house, complete with a karaoke room and a purse room for her "bag problem."

She and big sister Venus are finally moving apart after more than three decades, though they'll still live down the street from each other in Florida. Serena joked Monday that she was contemplating scaling down the plans until she won a record \$4-million prize at the U.S. Open.

She's going for a "South of France meets Northern Italy" look, and there will be a tro-

Just like wine

"Thirty is definitely the new 15.... Every year I feel better. It's the weirdest, strangest thing."

Serena Williams

phy room too. Williams won her 18th piece of Grand Slam singles hardware Sunday, matching Chris Evert and Martina Navratilova.

The Open-era record is 22 titles by Steffi Graf.

"If anybody can do it, it's her," Navratilova said Sunday after she and Evert presented Williams with an 18-karat gold bracelet. "It gets tougher after 30, but Serena is relatively young in tennis matches."

Williams, who turns 33 in 2 1/2 weeks, has played 795 career singles matches. For comparison, Roger Federer, who turned 33 last month and is now one behind her with 17 major titles, has played 1,202.

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Find something constructive to do today. The full moon makes disputes easy to come by, so find ways to stay out of trouble!

♉ Taurus

April 21 - May 21

If a dispute over a career or family matter seems to be dragging on, now is the time to settle your differences. It's not a case of one side winning and the other losing.

♊ Gemini

May 22 - June 21

Actions speak louder than words, so if you have fallen out with a friend or colleague do whatever it takes to get past the situation.

♋ Cancer

June 22 - July 23

The planets indicate that though you may have failed at one thing in recent weeks you have learned enough to make sure that next time you will succeed.

♌ Leo

July 24 - Aug. 23

Some people delight in getting ahead at other people's expense and you are likely to encounter one such individual today. Keep your wits about you.

♍ Virgo

Aug. 24 - Sept. 23

You have become a lot more assertive of late but the full moon warns you need to balance that assertiveness with a large dose of wisdom.

♎ Libra

Sept. 24 - Oct. 23

Sheer force of personality will see you past whatever obstacles block your path over the next 24 hours.

♏ Scorpio

Oct. 24 - Nov. 22

You are going through a positive phase at the moment, so if there are things in your life you want to change now is the time.

♐ Sagittarius

Nov. 23 - Dec. 21

Tread carefully when dealing with employers and other authority figures over the next 24 hours. You may feel you are on solid ground but today's full moon could upset things.

♑ Capricorn

Dec. 22 - Jan. 20

You are of the opinion that standards have slipped and you intend doing something about it. Before trying to change others though maybe take a look at yourself.

♒ Aquarius

Jan. 21 - Feb. 19

If you feel that you are being treated unfairly you must speak up about it – loudly. Those who make the biggest noise often get the biggest slice of the pie as well.

♓ Pisces

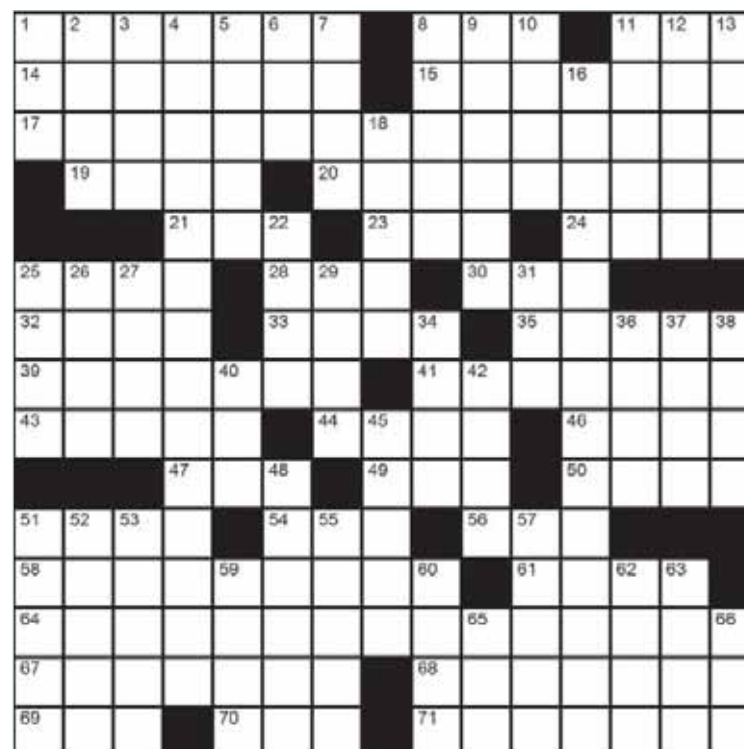
Feb. 20 - March 20

A certain person may seem trustworthy but if your instincts tell you to be careful you should know better than to go against them.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Feline's foot, in other words
8. Ms. Reinking
11. "Growing Pains" Canadian star ...his initials-shares
14. Like Jeff Bridges' brother
15. Acerbic
17. Suspect's image based on an eyewitness' memory: 2 wds.
19. Norse fate goddess
20. ___ Building (Toronto's triangular 1892 flatiron landmark)
21. That: Spanish
23. "... ___ wood-chuck could..."
24. Disallow
25. Sonic sound
28. Congeal
30. Who: French
32. Gumbo
33. Fertilizer component
35. "The ___" (Early-1900s medical drama, on HBO Canada)
39. Canada ___ (In Antarctica's Victoria Land)
41. Mr. Smith of "Rookie Blue"
43. Electronics giant
44. "Vamoos!"
46. Man '___' (Legendary racehorse)
47. Wood sorrel
49. Gone'tby
50. California wine valley



51. Wee moo-er
54. "Am ___ brother's keeper?"
56. Time as yet unknown [acronym]
58. Pusher's world: 2 wds.
61. Slightly unshut
64. David Foster's workplace: 2 wds.

67. How some bets are undertaken: 3 wds.
68. Protecting person
69. Puny peaks
70. Big Apple hockey team [acronym]
71. Feminine/Masculine

1. Certain crown corp.
2. "___ Flux" (2005)
3. ___-shanter
4. "Whereas Canada is founded upon principles that recognize the ___ and the rule of law." - Canadian Charter of Rights and Freedoms

5. Subatomic particles
6. Burdened beast
7. The Kingston ___Standard (Kingston, ON newspaper)
8. ___ Base's "The Sign"
9. Where BBRY is traded
10. Zap

11. "Night ___ Museum" (2006): 2 wds.
12. Argo's rival
13. Doofus
16. Canadian's duty to the Court when called: 4 wds.
18. Pastoral-patterned fabric
22. Chill
25. Wetlands
26. Tulsa's locale, briefly
27. Algeria port city
29. Misjudges
31. Mini-looking guitar
34. Awestruck
36. American state
37. Holy ___ ("Dragons' Den" deal-getting cereal)
38. Ms. Sedgwick
40. Sports gr.
42. Beginning
45. Joseph ___, 'Father of the Symphony'
48. Un-wet hair naturally
51. Computers: ___-___
52. "___ you the clever one!"
53. Filmmaker George
55. "Finding Vivian ___" (2013)
57. Doesn't ___ eye
59. Start to 'script' or 'scribe'
60. Like omelets
62. ___ pinch of salt (Recipe step)
63. Nothing: French
65. Fashion designer Anna
66. Assn.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

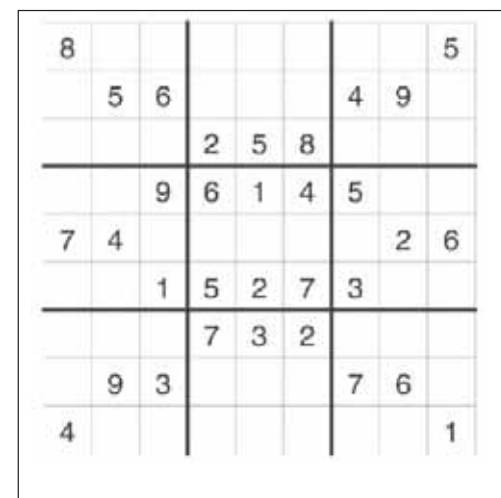


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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